

D y n a m i s H o m e o p a t h i c H e a l i n g

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What to Expect from Your Homeopathic Remedy

People who are new to homeopathy often don't know what to expect when they start taking a remedy. Most of us are used to chemical medicines that can be felt almost immediately. Such strong doses overpower your body, and you can often tell within a few minutes that your system is operating differently because, while your symptoms may be milder, you also feel groggy, weak, hyperactive, irritable or otherwise not yourself.

The first time you take a homeopathic remedy, you may expect such a reaction and wonder why you can't feel anything right away. But instead of feeling less like yourself, the hope is that you will gradually begin to feel more like yourself. This may take only a few minutes if you have an acute illness, or it may take many weeks. Underneath your normal level of consciousness, your body begins gradually to change its way of coping with life. If you have been unwell for a long time, this will be a slow process. You will best be able to observe these changes by looking back after several weeks at how you felt before you started the remedy.

Often, the first improvements we expect to see are in mental and general symptoms. These are symptoms that affect your entire being. You may feel more positive, for example, or you may feel less overwhelmed by work. Your sleep may improve, pain may feel more manageable, healthy foods may start to look more appealing, or your dreams may become less troubling.

Every person is different, and each person's healing proceeds differently. We usually expect the most recent complaints to improve first. If you have had problems sleeping all your life, that will probably take a while to resolve. If you have food cravings that started recently, those might improve first. The rule of thumb in homeopathy is that once you are taking the right remedy (and this can sometimes take several tries), healing should take about one month for every year you have had a particular complaint.

Dr. Samuel Hahnemann, the founder of homeopathy, defined the goal of medicine as "rapid, gentle and permanent cure." This is the ideal for which every homeopath strives. We do not expect, however, that the healing process will be completely without difficulties. Sometimes old complaints or emotions return and then go away. Your current symptoms may initially get worse, but we expect that such an aggravation will come with an increased sense of well-being, a sense of things improving even as your physical symptoms

get a little worse.

Such aggravations should be mild and brief. Any aggravation that is not mild or that lingers for more than a day or two is a good reason to call the office. The homeopath can ask you a few questions to make sure everything is proceeding the way it should and possibly change your dose so that future aggravations will be less likely.

As your body gets stronger, you will tend to catch fewer colds and flus. However, not even a healthy body is completely immune to a strong infectious disease. If you do catch something, stop taking your current remedy and give the office a call. The homeopath can find a remedy that will help you recover quickly and completely from your acute illness. Homeopathy works very well for short-term illnesses, often resolving something in a couple of days that would have taken two weeks to go away completely.

Some homeopaths encourage their clients to avoid many substances or influences they feel might antidote a remedy (camphor, mint, menthol or eucalyptus, coffee, chamomile, old computer screens, cordless phones, etc.). Please don't worry too much about antidoting your remedy. In our experience, the right remedy is nearly impossible to undo. We have seen good effects even in clients who were exposed daily to these things. However, these are strong influences and are best taken in small doses!

Most importantly, we ask that you keep your liquid remedies away from strong sources of electromagnetic radiation (tv screens, computers, cell phones, cordless phones, microwave ovens, other electrical appliances). There is no doubt that repeated exposure to electromagnetic fields will deactivate a liquid remedy.

The holistic view of health sees symptoms as the body's best attempts to heal itself. The homeopath uses this "language of the body" to match a remedy to the client. This makes your symptoms very important! Without this information a homeopath cannot choose a remedy. It may help your homeopath if you keep a daily or weekly journal of symptoms that you might otherwise forget before your next appointment.

Homeopathy defines health as freedom from limitation. A homeopathic remedy properly prescribed helps to free you from habitual patterns that cause or perpetuate disease. The power to heal is in yourself, not in some magic elixir, homeopathic or otherwise. The homeopath simply tries to remove the obstacles so that you can do the healing work. Isn't it wonderful to be in charge of your own health for a change?

Welcome to 21st Century healthcare!